



NEWS RELEASE

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AnMed Health donates AED to Pickens High

(Anderson, S.C. – March 25, 2016) –AnMed Health donated an AED to Pickens High School on March 25. Principal Marion Lawson, a heart attack survivor, accepted the donation from Kimberly Irby, Chest Pain Center coordinator at AnMed Health.

The automatic external defibrillator (AEDs) is a gift from AnMed Health, Cannon Memorial Hospital and the Anderson County Heart and Stroke Safe Community Initiative, a coalition of community health organizations teaming up to educate area residents about how to improve their chances for survival if they suffer a heart attack or stroke. The initiative launched in 2008 with the support of AnMed Health, Anderson County EMS, Partners for a Healthy Community, the American Red Cross and the American Heart Association and various community and business leaders.

With the donation of the AED, Pickens High School will be better equipped to respond to sudden cardiac arrest, one of the leading causes of death in the United States.

Sudden cardiac arrest can happen to anyone at any time. It affects the young and old, the healthy and the sick. AEDs administer an electric shock to the heart and restore the heart's normal rhythm during sudden cardiac arrest. For each minute defibrillation is delayed, the chance of survival is reduced by approximately 10 percent. According to the American Heart Association, sudden cardiac arrest takes as many as 460,000 lives each year.

A heart attack is just one cause of cardiac arrest. AnMed Health, The Heart and Stroke Safe Community, and Principal Lawson encourage members of the public to learn CPR, reduce your risk for heart disease, know the Heart Attack Warning Signs, and call 911 if you think you or someone else is experiencing the signs and symptoms of a heart attack. Signs of a heart attack include pain, pressure, tightness, fullness or burning in the chest or back; pain in one or both arms, shoulders, neck or jaw; cold sweats, lightheadedness, fatigue or fainting; abdominal pressure, nausea, vomiting or shortness of breath.

To learn more, visit www.AnMedHealth.org/SaveAHeart.